

Winchester Parks & Recreation

# Activities Guide

Fall  
2008



1001 East Cork Street • Winchester, VA 22601  
(540) 662-4946 • [www.winchesterva.gov/parks](http://www.winchesterva.gov/parks)





# Apple Harvest Arts & Crafts Festival



JIM BARNETT  
PARK  
WINCHESTER, VA



HOURS  
10 AM to 5 PM  
BOTH DAYS

ADMISSION  
FREE AFTER 3  
BOTH DAYS

## ENJOY AN AUTUMN WEEKEND IN APPLE COUNTRY

**Saturday & Sunday September 20-21, 2008**

Artisans & Craftsmen from throughout the East and South  
Exhibits -- Demonstrations -- Sales

**LIVE MUSIC BOTH DAYS**

Virginia State Apple Butter Making Contest

Regional Apple Pie Baking Contest

Apples & Apple Products Available from the Area's Autumn Harvest

### ADMISSION

14 thru 64 .....	\$5.00
65 and over .....	\$4.00
6 thru 13 .....	\$3.00
Under 6 years .....	FREE

**NEW - FREE AFTER 3 BOTH DAYS!**

*Sponsored by:*



**FREE APPLE  
FOR EVERY VISITOR**



**HOSTED BY THE WINCHESTER ROTARY CLUB**  
Admission Proceeds Donated to Local Charities.



BOOTH SPACE STILL AVAILABLE CONTACT: (540) 662-4827 or dmccrary@hughes.net

## WINCHESTER PARKS & RECREATION STAFF

Brad Veach, *Director*  
bveach@ci.winchester.va.us

Michael White,  
*Operations Superintendent*  
mwhite@ci.winchester.va.us

Susie Martin  
*Park Administration Coordinator*  
smartin@ci.winchester.va.us

Lisa Hamaker  
*Aquatics Services Coordinator*  
lhamaker@ci.winchester.va.us

Larry Elliott  
*Parks Maintenance Coordinator*  
lelliott@ci.winchester.va.us

Stephanie Frazier  
*Youth & Special Populations Coordinator*  
sfrazier@ci.winchester.va.us

Leslie Bowery  
*Youth Dev. & Creative Arts Coordinator*  
lbowery@ci.winchester.va.us

Jennifer Justice  
*Sports & Athletics Program Coordinator*  
jjustice@ci.winchester.va.us

## PARK ADVISORY BOARD

The Board meets the 4th Monday  
of every month at 7:00 p.m. in the  
War Memorial Building.

Tim Painter  
*Chair*

John Crandell  
*Vice Chair*

John Elliott  
Krista Farris  
Tim Grove  
Shelly Lee

Debbie Lewis  
Jack MacDonald  
Terry Walker

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1001 East Cork Street  
Winchester, VA 22601  
(540) 662-4946

**Cancellation Hotline:**  
**662-4946 extension 33**

Fax (540) 678-8791  
wincparks@ci.winchester.va.us  
www.winchesterva.gov/parks

Administration Office Hours:  
Monday-Friday  
8:00 a.m. - 5:00 p.m.

## MISSION STATEMENT

The WPRD is dedicated to providing comprehensive, quality, and safe recreation and park programs, facilities and services that enrich the quality of life for the Winchester community and beyond.

Events

Youth

Adult

Athletics

Aquatics

Facilities

Parks

Trips

Info

# SEPTEMBER



## FAMILY DAY FISHING RODEO

Prizes will be awarded in eight divisions for the largest fish along with four tagged fish at \$25 each. VA State Fishing regulations apply. A special stocking is scheduled prior to the rodeo. Register in advance or day-of.

**Age:** 4 & up **Activity #:** 257321

**Fee:** \$5 per person

**Location:** Wilkins Lake in Jim Barnett Park

**Registration:** Call to register in advance or register day of event beginning at 6:00 am

Day	Date	Time	Sect.
Sa	9/06	7:00-11:00 am	02

**Sponsored by:**

Wilkins Trust Fund  
Beavers Bait & Tackle

# OCTOBER

## 5th Annual WINCHESTER GREEN CIRCLE 5K & KIDS MILE

Winchester Green Circle is a community project to build a hiker/biker/jogging trail around Winchester. The 5K and Mile Kids Run will use the existing trail and local neighborhood streets.

**Age:** All ages

**5K Fee:** \$15 **SVR Members:** \$13

**Kids Mile:** \$12

**Starting Location:** 631 Jubal Early Drive, Winchester (Children of America)

**Register online by October 2:** Visit [winchestergreencircle.com](http://winchestergreencircle.com)

**Race Day Registration:** 7:30 am

Day	Date	Time
Sa	10/04	8:30 am

## SPOOKCESSIBLE

### for Children with Special Needs

Search for easily accessible non-spooky ghosts to turn in for treats. Visit the pumpkin patch and the Chick-Fil-A cow. Bring a packed lunch and play at Christianson Familyland.

**Age:** 2-12

**Activity #:** 355374

**Fee:** FREE

**Register by:** 10/07

Day	Date	Time	Sect.
Tu	10/14	10:00 am-Noon	01

Rain Date: 10/16

## CHILDREN'S HALLOWEEN PARTY

Come and enjoy some not so scary fun with crafts, games, cookies and punch.

**Age:** 2-5

**Activity #:** 315394

**Fee:** \$3

**Register by:** 10/15

**Location:** WMB, Lord Fairfax Room

Day	Date	Time	Sect.
W	10/22	2:00-3:00 pm	01





# DEVIL'S DEN

HAUNTED ATTRACTION

JIM BARNETT PARK

COME SEE WHAT EVERYONE IS  
SCREAMING ABOUT .....

OPEN EVERY WEEKEND IN  
OCTOBER 7:00 - 11:00PM

ADMISSION \$12.00

*Children 12 and under  
must be accompanied  
by an adult*



ENTER JIM BARNETT PARK AND FOLLOW  
THE SIGNS TO THE PARKING AREA

[WWW.THEDEVILS-DEN.COM](http://WWW.THEDEVILS-DEN.COM)

# NOVEMBER

## TURKEY 3-ON-3 BASKETBALL TOURNAMENTS **NEW!**

Participants will register as a team.  
Ages brackets: 18-30, 31-44 & 45 and up. Teams can play down but not up.  
Tournament will be played as a round robin with trophies going to the top team in each age group.

**Fee:** \$45 **Activity #:** 331363

**Location:** Recreation Ctr. Gym Court A/B

**Register by:** 11/21

Day	Date	Time	Sect.
Th	11/27	9:00 am	01

# DECEMBER

## BREAKFAST WITH SANTA **NEW!**

**Attention all kids!**

Don't worry about changing out of your pajamas. Just grab your parents and head over to the War Memorial Building to enjoy Chick-Fil-A mini chicken biscuits and do a craft. Then have your letters to Santa ready because that jolly old fellow will be stopping by to say good morning and to collect your letters. Don't forget to include your return address on the letter. Santa might even write back to you!



Memorial Building to enjoy Chick-Fil-A mini chicken biscuits and do a craft. Then have your letters to Santa ready because that jolly old fellow will be stopping by to say good morning and to collect your letters. Don't forget to include your return address on the letter. Santa might even write back to you!

**Age:** 2-8 **Activity #:** 417381

**Fee:** \$5 **Register by:** 11/25

**Location:** WMB, George Washington Rm.

Day	Date	Time	Sect.
Sa	12/06	8:00-9:00 am	01

## FROSTY 5K & SNOWFLAKE SCRAMBLE **NEW!**

**Details Coming Soon!**

# JANUARY

## JUNIOR OLYMPIC SKILL

Junior Olympic Skills is a FREE national grassroots skills competition that provides both boys and girls the opportunity to showcase their athletic ability. Challenges participants to score as many points as possible by making baskets from designated shooting areas and the free throw line in 45 seconds. Winners advance to Regional Competition.

**Age:** 8-13 **Activity #:** 411313

**Fee:** FREE

**Location:** Recreation Ctr. Gym-Court A/B

**Register by:** 1/09

Day	Date	Time	Sect.
Sa	1/17	8:30-10:30 am	01

## The Winchester Parks & Recreation Activities Guide will now be distributed 3 times a year:

1. FALL (released in August)  
September - December
2. WINTER/SPRING (released in December)  
January - April
3. SUMMER (released in April) May - August

## Show us how much fun you have at a Winchester Park!

Share your favorite photos of family and friends enjoying a Winchester park or program. Send your photos and contact information to [asimmons@ci.winchester.va.us](mailto:asimmons@ci.winchester.va.us). Your photo might appear in a future issue of the WPRD Activities Guide.

# PROGRAMS

## GOOD DEEDS CLUB

Ages: 10-16 years

Do you enjoy helping others? Want to make a difference? If so, join this exciting club and assist individuals or groups in the area that could use a little help. For every project that you actively participate in, you will receive a point. After so many points have been accumulated, you will be eligible to attend a fun Good Deeds Club "Members Only" activity (ex: bowling, pizza party, mini golf, etc)! Call Leslie for more information.

## ANYTHING GOES

**NEW!**

Each day will be something different, so come ready for all types of fun!

Age: 2-5

Activity #: 314121

Fee: \$35 R \$38 NR

Location: WMB, Joist Hite Room

Register: 1 week prior to session start date

Age	Day	Dates	Time	Sect.
2-3	M,W	10/06-10/22	9:30-10:30 am	01
4-5	M,W	10/06-10/22	10:45-11:40 am	02
2-3	M,W	12/01-12/17	9:30-10:30 am	03
4-5	M,W	12/01-12/17	10:45-11:40 am	04

## MINI MIX

**NEW!**

Time to let your child's creativeness flow and let your little one explore sports, crafts and other projects.

Age: 3-5

Activity #: 314122

Fee: \$35 R \$38 NR

Location: WMB, Joist Hite Room

Register: 1 week prior to session start date

Age	Day	Dates	Time	Sect.
3	M,W	11/03-11/19	9:30-10:30 am	01
4-5	M,W	11/03-11/19	10:45-11:40 am	02
3	Tu,Th	1/06-1/22	9:30-10:30 am	03
4-5	Tu,Th	1/06-1/22	10:45-11:40 am	04
3	Tu,Th	3/10-3/26	9:30-10:30 am	03
4-5	Tu,Th	3/10-3/26	10:45-11:40 am	04

## MOM'S DAY OUT

**NEW!**

Need a break Mom? Need more time to get ready for the holidays? Then bring your child to the park for some fun. Children will make crafts, play games, and explore. Children must be potty trained and please provide a small snack.

Age: 3-6

Activity #: 314123

Fee: \$10 R \$13 NR

Location: WMB, George Washington Rm.

Register: 1 week prior to session start date

Day	Dates	Times	Sect.
F	11/07	10:00 am-Noon	01
F	11/14	10:00 am-Noon	02
F	11/21	10:00 am-Noon	03
F	12/05	10:00 am-Noon	04
F	12/12	10:00 am-Noon	05

## JOIN THE Junior Gazette JOURNALISTIC TEAM!

If you enjoy writing or photography, then this is for you! The Junior Gazette is looking for a kids ages 8-16 to join the 2008-2009 journalistic team. Have your work published in *The Winchester Star* three times during the school year. Interested journalists should call Leslie for more information.



# PROGRAMS cont.

## PRE-K FUN

**NEW!**

Your pre-schooler will have fun getting ready for kindergarten with us here at the park. Children must be potty trained.

**Age:** 2-5

**Activity #:** 314120

**Fee:** \$35 R \$38 NR

**Location:** WMB, Joist Hite Room

**Register:** 1 week prior to session start date

Age	Day	Dates	Time	Sect.
2-3	M,W	9/08-9/29	9:30-10:30 am	01
4-5	M,W	9/08-9/29	10:45-11:45 am	02
2-3	M,W	1/12-2/02	9:30-10:30 am	03
4-5	M,W	1/12-2/02	10:45-11:45 am	04
2-3	M,W	2/09-3/02	9:30-10:30 am	05
4-5	M,W	2/09-3/02	10:45-11:45 am	06
2-3	M,W	3/09-3/25	9:30-10:30 am	07
4-5	M,W	3/09-3/25	10:45-11:45 am	08



## NO SCHOOL DAY

**NEW!**

You have to go to work, but the schools are off that day. What are you going to do?

Now, you can bring your child to a fun-filled day at the park while school is out!

**Age:** 5-11

**Activity #:** 314103

**Fee:** \$30 R

**Location:** WMB, Lord Fairfax Room

**Register:** 1 week prior to session start date

Day	Dates	Times	Sect.
Tu	11/04	7:00 am-6:00 pm	01
M	12/29	7:00 am-6:00 pm	02
Tu	12/30	7:00 am-6:00 pm	03
W	12/31	7:00 am-6:00 pm	04
M	12/22	7:00 am-6:00 pm	13
Tu	12/23	7:00 am-6:00 pm	14
F	1/02	7:00 am-6:00 pm	06
M	1/19	7:00 am-6:00 pm	07
F	1/23	7:00 am-6:00 pm	08
M	2/16	7:00 am-6:00 pm	09
Th	4/09	7:00 am-6:00 pm	10
F	4/10	7:00 am-6:00 pm	11
F	5/01	7:00 am-6:00 pm	12

# CLASSES

## MUSIC WITH YOU

A joyful and inspiring morning of music making for parent and child. With music as the vehicle, your child will be nurtured in all areas of development as we bounce, rock, sing and dance. Join us for a fun and memorable morning as your child savors the special time of music with you!

**Age:** 1-3

**Activity #:** 315211

**Fee:** \$42 R \$45 NR

**Location:** WMB, Lord Fairfax Room

**Instructor:** Karen Santmier

**Register by:** 9/5 (01) & 10/10 (02)

Day	Dates	Times	Sect.
F	9/12-10/10	9:15-9:45 am	01
F	10/17-11/14	9:15-9:45 am	02

## KID'S CHRISTMAS CARD

**NEW!**

Come for a three hour class in which you will make 15 hand-stamped and embellished Christmas cards to send to your family and friends. (A \$20 material fee is due on 11/22 and payable to the instructor.)

**Age:** 8-14

**Activity #:** 315238

**Fee:** \$17 R \$20 NR

**Register by:** 11/07

**Location:** WMB, Lord Fairfax Room

**Instructor:** Amy Yang

Day	Dates	Times	Sect.
Sa	11/22	9:00 am-Noon	01

## KID'S ALL-OCCASSION CARD

**NEW!**

Come for a three hour class in which you will make 15 all-occasion greeting cards. Learn the basics of stamping and embellishing fun cards for family and friends. (A \$20 material fee is due on 1/31 and payable to the instructor.)

**Age:** 8-14

**Activity #:** 415239

**Fee:** \$17 R \$20 NR

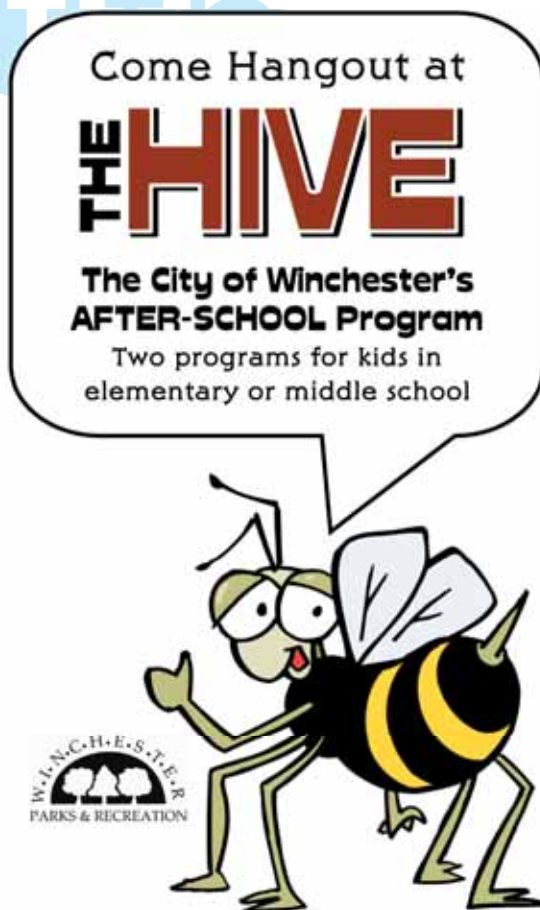
**Register by:** 1/16

**Location:** WMB, Lord Fairfax Room

**Instructor:** Amy Yang

Day	Dates	Times	Sect.
Sa	1/31	9:00 am-Noon	01



**NEW!**

*Formally known as Embrace The Children (E.T.C.) program.* This after-school program is for Winchester youth in grades K-4. Located at Jim Barnett Park, this revamped program offers children activities such as a homework hub, sports, enrichment activities, arts and crafts, active games and swimming.

**Age:** 5-11**Activity #:** 314101**Dates:** M-F, 9/02-6/04**Time:** School dismissal-6:00 pm**Fee:** \$11 half day \$16 full day**Transportation to The Hive Provided by Winchester Public Schools****The Hive Registration:** Register anytime during the school year (\$5 fee).

## After-School Program For Kids in Middle School

The Hive Club is exclusively for middle school students. The program will offer the same activities and will be located at the War Memorial Building in Jim Barnett Park but will be separate from The Hive.

**Age:** 11-13**Activity #:** 324101**Dates:** M-F, 9/02-6/04**Time:** School dismissal-6:00 pm**Fee:** \$8 daily \$40 weekly**Transportation to The Hive Club Provided by Winchester Public Schools****The Hive Club Registration:** Register anytime during the school year (\$5 fee).

# FITNESS CLASSES

## BEGINNING BALLET

Learn the beginning positions of ballet for fun and fitness. Wear leotard, tights & ballet shoes.

**Instructor:** Loren Ferster

**Time:** 4:30-5:30 pm

**Fee:** \$50 R \$53 NR

**Location:** WMB, Arts & Crafts Room

**Activity #:** 355224

Day	Session	Sect.	Register by
Tu	9/23-11/11	01	9/16

**Activity #:** 455224

Day	Session	Sect.	Register by
Tu	1/27-3/17	01	1/20

## CARDIO, STRENGTH & TONE

This hi-energy, low impact aerobic workout enhances cardiovascular fitness with resistance to improve muscle tone and function. Bring a mat/towel and hand weights to class.

**Instructor:** Adele McGeachy

**Fee:** \$28 R \$31 NR **Activity #:** 331253

**Location:** WMB, George Washington Rm.

Day	Sessions	Time	Sect.
M,W	9/08-10/15	5:30-6:30 pm	01
M,W	10/20-11/26	5:30-6:30 pm	02



## FELDENKRAIS METHOD OF MOVEMENT

Learn new ways to move that will ease your pain. Movement explorations to help you learn to recognize your physical habits and introduce more efficient, healthy patterns.

**Instructor:** Jane Johnson

**Fee:** \$50 R \$53 NR **Activity #:** 331243

**Location:** WMB, Lord Fairfax Rm.

Day	Sessions	Time	Sect.
M	9/08-10/20	4:30-5:30 pm	01
M	10/27-12/08	4:30-5:30 pm	02

## GENTLE YOGA

Stretch and strengthen, relax and rejuvenate the body. Find the body, mind, spirit connection. Wear comfortable clothing. Bring a mat and a blanket.

**Instructor:** Deepti Sharma

**Time:** 9:00-10:00 am **Activity #:** 331213

**Location:** WMB, Lord Fairfax Rm.

Days	Session	Sect.	R\$	NR\$
Tu	9/09-10/14	01	\$43	\$46
Tu,Th	9/09-10/16	02	\$58	\$61
Tu	10/21-11/25	03	\$43	\$46
Tu,Th	10/21-12/04	04	\$58	\$61



## JAZZ DANCE

Learn jazz steps and routines during an hour of fun and exercise.

**Instructor:** Loren Ferster

**Time:** 5:30-6:30 pm

**Fee:** \$50 R \$53 NR

**Location:** WMB, Arts & Crafts Room

**Activity #:** 335225

Day	Sessions	Sect.	Register by
Tu	9/23-11/11	01	1/16

**Activity #:** 435225

Day	Sessions	Sect.	Register by
Tu	1/27-3/17	02	1/20

## KICKBOXING (Intermediate)

A high energy cardio workout combining elements of kickboxing and athletic moves. Combinations will include punches, kicks, and other cardiovascular exercises. No equipment needed. Bring water.

**Instructor:** Heather Lark-Rickard

**Time:** 5:30-6:30 pm **Activity #:** 331283

**Location:** VA. Avenue Elem. School Gym

Days	Session	Sect.	R\$	NR\$
Tu	9/09-10/14	01	\$43	\$46
Tu,Th	9/09-10/16	02	\$58	\$61
Tu	10/21-11/25	03	\$43	\$46
Tu,Th	10/21-12/04	04	\$58	\$61

## PILATES (all levels)

Pilates techniques and traditional stretching fused together for all over body toning with an emphasis on core strength and stability. Bring an exercise mat.

**Instructor:** Heather Lark-Rickard

**Activity #:** 331273

**Time:** 11:30 am-12:30 pm

**Location:** WMB, Lord Fairfax Rm.

Days	Session	Sect.	R\$	NR\$
M	9/08-10/13	01	\$43	\$46
M,W	9/08-10/15	02	\$58	\$61
M	10/20-11/24	03	\$43	\$46
M,W	10/20-11/26	04	\$58	\$61

## TAE KWON DO

Using traditional Korean martial art, students learn discipline and self-defense through blocking, punching, kicking, and one-step sparring. Required: Tae Kwon Do uniform

**Instructor:** Drew Lisowski

**Time:** 7:00-7:50 pm **Activity #:** 331293

**Location:** VA Avenue Elem. School Gym

Day	Session	Sect.	R\$	NR\$
Tu	9/09-11/11	01	\$90	\$93



# CLASSES

## AARP DRIVING CLASS

Classroom refresher course designed for those 50+. *Make checks payable to AARP.*

**Fee:** \$10

**Activity #:** 345249

**Location:** WMB, Lord Fairfax Room

Days	Sessions	Time	Sect.
W&F	9/24 & 26	10:00 am-3:00 pm	01

**Register by:** 9/19

F	10/24	8:00 am-5:00 pm	02
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**Register by:** 10/20

F	11/14	8:00 am-5:00 pm	03
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**Register by:** 11/10

## ALTERED ITEMS

Learn how to alter metal tins, clipboards, giant clothespins, board books, and more. (A \$50 material fee will be collected the first day of class.)

**Instructor:** Amy Yang

**Time:** 7:00-8:30 pm **Activity #:** 455235

**Fee:** \$50 R \$53 NR

**Location:** WMB, Lord Fairfax Room

Day	Session	Sect.	Register by
Tu	2/03-3/10	01	1/20

## BRIDGE (Beginning)

Learn the basics of bridge from champion bridge players.

**Instructor:** Ron and Joan Harmon

**Time:** 9:00 am-Noon **Activity #:** 455242

**Fee:** \$40 R \$43 NR

**Location:** WMB, Arts & Crafts Room

Day	Session	Sect.	Register by
Th	1/08-2/26	01	1/02

## CELTIC HARP

Work on the basics from all different types of music, from celtic to ancient to jazzy! Harps will be provided, yet rental of your own is encouraged.

**Instructor:** Abigail Palmer

**Time:** 7:00-8:00 pm (Beginner)

8:00-9:00 pm (Intermediate)

**Fee:** \$120 R \$123 NR **Activity #:** 355212

**Location:** WMB, George Washington Rm.

Day	Session	Sect.	Register by
M	9/08-10/13	01 (B)	9/03
M	9/08-10/13	03 (I)	9/03
M	10/27-12/01	02 (B)	10/22
M	10/27-12/01	02 (I)	10/22



# CLASSES cont.

## DOG TRAINING

For dogs 6 months and up. Please bring your dog to the first class.

**Instructor:** Susan Dodson

**Time:** 2:00-3:00 pm **Activity #:** 355244

**Fee:** \$67 R \$70 NR

**Location:** JBP, Discovery Field

Day	Session	Sect.	Register by
Su	9/14-10/19	01	9/05

## DRAWING

For those that have always wanted to draw but thought they had to be born with the talent. It's not true! Learn how to draw using the right brain and grid methods. (A \$15 material fee will collected the first day of class.)

**Instructor:** Robin Palmer

**Time:** 7:00-9:00 pm **Activity #:** 355232

**Fee:** \$67 R \$70 NR

**Location:** WMB, Arts & Crafts Room

Day	Session	Sect.	Register by
M	9/08-10/13	01	9/01
M	10/20-12/01	02	10/13

## GUITAR (Beginning)

Learn the basics of playing the guitar. Bring your own guitar.

**Instructor:** John Terrell III

**Time:** 6:00-7:00 pm **Activity #:** 355215

**Fee:** \$50 R \$53 NR

**Location:** WMB, Lord Fairfax Room

Day	Session	Sect.	Register by
Tu	9/16-11/04	01	9/09

## CHRISTMAS CARD CLASS

Come and make 30 hand-stamped and embellished Christmas cards. Your friends and family will appreciate the extra time and care you put into making and sending them a handmade card. Make 5 cards at each session for a total of 30 cards. (A \$40 materials fee is payable to the instructor on the first day of class.)

**Instructor:** Amy Yang

**Time:** 1:00-2:00 pm **Activity #:** 355241

**Fee:** \$50 R \$53 NR

**Location:** WMB, Lord Fairfax Room

Day	Session	Sect.	Register by
Sa	10/18-11/22	01	10/03

## SCRAPBOOKING 101

During the 6 week course you will learn how to layout a page, techniques to embellish, what makes a visually pleasing layout, how to journal, and much more! By the end, you will have completed 6 beautiful two-page layouts for a total of 12 pages. (A \$40 material fee is due the first night and payable to the instructor.)

**Instructor:** Amy Yang

**Time:** 7:00-8:30 pm **Activity #:** 355236

**Fee:** \$50 R \$53 NR

**Location:** WMB, Lord Fairfax Room

Day	Session	Sect.	Register by
Th	9/25-10/30	01	9/11

## SCRAPBOOKING 102

*This course is a continuation of Scrapbooking 101, but you don't have to complete 101 in order to take 102. (A \$40 material fee is due the first night and payable to the instructor.)*

**Instructor:** Amy Yang

**Location:** WMB, Lord Fairfax Room

**Time:** 7:00-8:30 pm **Activity #:** 455236

**Fee:** \$50 R \$53 NR

**Location:** WMB, Lord Fairfax Room

Day	Session	Sect.	Register by
M	1/19-2/23	01	1/05



## SOCIAL DANCE

Bring shoes easy to dance in and a notebook to make dance notes.

**Instructor:** Lee Santos

**Time:** 7:00-7:55 pm (Beginner)

8:00-8:55 pm (Intermediate)

**Fee:** \$140 R \$143 NR **Activity #:** 355221

**Location:** WMB, George Washington Rm.

Day	Session	Sect.	Register by
M	9/15-10/13	01 (B)	9/10
M	9/15-10/13	03 (I)	9/10
M	10/27-11/24	02 (B)	10/22
M	10/27-11/24	04 (I)	10/22

## STAMPING 101

Would you love to learn how to make your own hand-stamped greeting cards and other gifts but aren't sure where to start? During this course you will learn the basics of stamping along with 12 different stamping techniques. You will complete 4-5 cards during each class for a total of 24 all-occasion greeting cards. (A \$30 material fee is due the first night and payable to the instructor.)

**Instructor:** Amy Yang

**Time:** 7:00-8:30 pm **Activity #:** 355237

**Fee:** \$50 R \$53 NR

**Location:** WMB, Arts & Crafts Room

<u>Day</u>	<u>Session</u>	<u>Sect.</u>	<u>Register by</u>
Tu,Th	11/04-11/25	01	10/21

## STAMPING 102

*This course is a continuation of Stamping 101, but there is no need to have completed 101 in order to take 102.* (A \$30 material fee is due the first night and payable to the instructor.)

**Instructor:** Amy Yang

**Time:** 7:00-8:30 pm **Activity #:** 455237

**Fee:** \$50 R \$53 NR

**Location:** WMB, Joist Hite Room

<u>Day</u>	<u>Session</u>	<u>Sect.</u>	<u>Register by</u>
M	3/02-4/06	01	2/16

## DANCING UNDER THE STARS

Come out for an evening under the stars and learn a few new dance steps under the guidance of the instructor or brush up on what you already know for the first hour. Then dance the rest of the evening away. Come out and learn more about ballroom dance classes at the Park.

**Instructor:** Lee Santos

**Time:** 7:00-9:30 pm **Activity #:** 335322

**Fee:** \$45 per couple

**Location:** Exchange Shelter

<u>Day</u>	<u>Session</u>	<u>Sect.</u>	<u>Register by</u>
Sa	9/13	01	8/22

## WATERCOLOR

Learn an exciting new way to express yourself. Watercolor painting has been a favorite hobby for centuries and is now more popular than ever. Students will get comfortable with the basic handling and color mixing of the medium. (A \$35 material fee payable to instructor.)

**Instructor:** Liz Hackney

**Time:** 7:00-9:00 pm **Activity:** 355233

**Fee:** \$97 R \$100 NR

**Location:** WMB, Arts & Crafts Room

<u>Day</u>	<u>Session</u>	<u>Sect.</u>	<u>Register by</u>
Tu	9/23-11/11	01	9/16

Adult

Winchester's 1st Annual

# INTERNATIONAL CHILDREN'S FESTIVAL

October 10, 2009 • 10 am-5 pm • Jim Barnett Park

Looking for Area Groups, Individuals or  
Families to Represent Your Country of Origin  
or Favorite Country (educational exhibit,  
entertainment and/or food)

Visit: [winchesterva.gov/icf](http://winchesterva.gov/icf) • Email: [icf@ci.winchester.va.us](mailto:icf@ci.winchester.va.us)

# YOUTH LEAGUES



## YOUTH BASKETBALL LEAGUES

Basketball leagues (below) give each player a chance to improve their skills while enjoying being part of a team. Team Coaches will inform participants of their team name and practice times. Games will be played on Saturday mornings.

### BOYS JUNIOR BASKETBALL LEAGUE

**Age:** 9-10 **Activity #:** 311612

**Fee:** \$32 R \$35 NR **Register by:** 11/7

**Location:** Recreation Ctr. Gym-Court A/B

Days	Sessions	Time	Sect.
Tu,Th	11/18-2/05	5:30-9:30 pm	01

### BOYS SENIOR BASKETBALL LEAGUE

**Age:** 11-13 **Activity #:** 321612

**Fee:** \$32 R \$35 NR **Register by:** 11/7

**Location:** Recreation Ctr. Gym-Court A/B

Days	Sessions	Time	Sect.
Tu,Th	11/18-2/05	5:30-9:30 pm	01

### GIRLS JUNIOR BASKETBALL LEAGUE

**Age:** 9-10 **Activity #:** 311611

**Fee:** \$32 R \$35 NR **Register by:** 11/7

**Location:** Recreation Ctr. Gym-Court A/B

Days	Sessions	Time	Sect.
M,W	11/17-2/04	5:30-9:30 pm	01

### GIRLS SENIOR BASKETBALL LEAGUE

**Age:** 11-13 **Activity #:** 321611

**Fee:** \$32 R \$35 NR **Register by:** 11/7

**Location:** Recreation Ctr. Gym-Court A/B

Days	Sessions	Time	Sect.
M,W	11/17-2/04	5:30-9:30 pm	01

WINCHESTER PARKS & RECREATION

## YOUTH FLAG FOOTBALL

**NEW!**

Provides a fun and exciting opportunity to engage in non-contact, continuous action while learning about teamwork. Child's eligible age is determined as of September 1. All participants are required to wear a mouth guard. Team Coaches will inform participants of their team name and practice times.

**Age:** 5-7 (co-ed)

**Activity #:** 311673

**Fee:** \$47 R \$50 NR

**Register by:** 8/22

**Location:** Preston Field

Day	Session	Time	Sect.
Sa	9/06-10/25	9:00 am-1:00 pm	01

## FLAG FOOTBALL CHEERLEADING

**NEW!**

Help cheer on the co-ed flag football teams. Each cheer squad will be paired up with a football team. Team Coaches will inform participants of their team name and practice times.

**Age:** 5-7 (by 9/1)

**Activity #:** 311653

**Fee:** \$30 R \$33 NR

**Register by:** 8/22

**Location:** Preston Field

Day	Session	Time	Sect.
Sa	9/06-10/25	9:00 am-1:00 pm	01

## CHALLENGER SOCCER LEAGUE

**NEW!**

**For mentally and physically challenged children.** The league helps them enjoy the full benefits in an athletic environment structured to their abilities. All participants are required to provide and wear shin guards.

**Age:** 4-14

**Activity #:** 311663

**Fee:** \$20 R \$23 NR

**Register by:** 9/5

**Location:** Eagles Field

Day	Session	Time	Sect.
W	9/17-10/22	5:30-6:30 pm	01



(540) 662-4946



# YOUTH CLASSES

# ADULT LEAGUES

## GIRLS SOFTBALL CLINIC

A great way to continue improving your softball skills while getting ready for spring tryouts.

Age: 12-18 Activity #: 421111

Fee: \$30 R \$33 NR Register by: 11/14

Location: Daniel Morgan Middle School

Instructor: Tim Modell, JHHS. Varsity Softball Coach

Day	Sessions	Time	Sect.
Su	11/23-2/15	2:00-4:00 pm	01

## YOUTH TAE KWON DO

Using traditional Korean martial art, students learn discipline and self-defense through blocking, punching, and kicking. Required Equipment: Tae Kwon Do uniform

Age: 6-12 Activity #: 331293

Fee: \$90 R \$93 NR

Location: War Memorial Building

Instructor: Drew Lisowski

Day	Sessions	Time	Sect.
W	9/10-11/12	5:00-5:50 pm	02

# ADULT PROGRAMS

## 35+ OPEN GYM BASKETBALL

Fee: \$3 Activity #: 331133

Location: Quarles Elementary Gym

Days	Dates	Time	Sect.
M,W	9/08-1/28	4:30-6:30 pm	01

## 18+ OPEN GYM BASKETBALL

Fee: \$3 Activity #: 331133

Location: Quarles Elementary Gym

Days	Dates	Time	Sect.
Tu,Th	9/09-1/29	8:30-10:00 pm	02

## 18+ OPEN GYM VOLLEYBALL

Fee: \$3 Activity #: 331133

Location: Quarles Elementary Gym

Day	Dates	Time	Sect.
F	9/12-11/21	8:00-10:00 pm	03

## TURKEY 3-ON-3 BASKETBALL TOURNAMENT

See page 4 for details.

## 45+ BASKETBALL LEAGUE

A great opportunity to get exercise while playing a fun and fast-paced sport.

Fee: \$55 R \$58 NR Activity #: 331613

Location: Recreation Ctr. Gym Court A/B

Register by: 10/31

Draft Day: Sunday, 11/2 at 10:00 am

Days	Dates	Time	Sect.
Su	11/09-2/01	10:00 am	01

## DODGEBALL LEAGUE

Register in advance and send a representative to the organizational meeting: September 8 at 6:00 pm in the War Memorial Building. Session will run for 6 weeks with a single elimination post-season tournament

Fee: \$150 Activity #: 331683

Location: VA Avenue Elem. School Gym

Days	Dates	Time	Sect.
Tu	9/16-10/28	8:00-10:00 pm	01

## CO-ED SOCCER LEAGUE

Teams will be guaranteed nine regular season games and a single elimination post-season tournament. T-shirts and trophies will be awarded to the top team. Send a representative to the organizational meeting: September 10 at 6:00 p.m. in the War Memorial Building.

Fee: \$225 Activity #: 331633

Location: Weaver Field I

Day	Dates	Time	Sect.
Sa	9/27-11/29	9:00 am-2:00 pm	01

## CO-ED VOLLEYBALL LEAGUE

Teams will be guaranteed nine regular season games and a single elimination post-season tournament. T-shirts and trophies will be awarded to the top team. Send a representative to the organizational meeting: September 17 at 6:00 p.m. in the War Memorial Building.

Fee: \$225 Activity #: 331643

Location: Quarles Elem. School Gym

Day	Dates	Time	Sect.
M,W	10/6-12/15	6:30-10:00 pm	01

# YOUTH PROGRAMS

## TINY TOTS LEVEL 1

This level is geared to building confidence in the water. Focus will be on blowing bubbles, floating and kicking on front and back with support, learning breathing control, swimming with face in the water and an introduction to various arm actions.

**Activity #:** 312221

## TINY TOTS LEVEL 2

This level helps participants learn unsupported float on front and back, recovery to a vertical position from floating, front and back glides, and swimming on front and back using a combined stroke for 5 yards.

**Activity #:** 312222

## TINY TOTS LEVEL 3

This level adds kicks to front and back glides, teaches changing directions and body positions in deep water, diving from the side of pool in a kneeling position, learning to swim on front and back for 15 yards with more refined arm positioning for 15 yards, treading water for 30 seconds, and introduction to butterfly kick.

**Activity #:** 312223

## TINY TOTS LEVEL 4

In this level students will learn to dive from the side from a standing position, swim a distance underwater, float in deep water for 1 minute, and use an open turn when swimming on front and back. They will also swim on front and back for 25 yards with rotary breathing and advanced arm positioning, 15 yards of butterfly, breast stroke, and scissors kick.

**Activity #:** 312224



## TINY TOTS LEVELS 1-4 SCHEDULE

Levels 1-4 will be offered at each session.

**Age:** 3-6

**Fee:** \$48 R \$54 NR

**Location:** Indoor Pool

Day	Sessions	Time	Sect.
M,W	9/15-10/08	3:15-4:00 pm	F1
M,W	9/15-10/08	4:00-4:45 pm	G1
M,W	9/15-10/08	4:45-5:30 pm	H1
Tu,Th	9/16-10/09	9:30-10:15 am	B1
Tu,Th	9/16-10/09	10:15-11:00 am	D1
Tu,Th	9/16-10/09	5:30-6:15 pm	I1
Register on: 9/10 R 9/11 NR			
M,W	10/13-11/05	3:15-4:00 pm	F2
M,W	10/13-11/05	4:00-4:45 pm	G2
M,W	10/13-11/05	4:45-5:30 pm	H2
Tu,Th	10/14-11/06	9:30-10:15 am	B2
Tu,Th	10/14-11/06	10:15-11:00 am	D2
Tu,Th	10/14-11/06	5:30-6:15 pm	I2
Register on: 10/8 R 10/9 NR			
M,W	11/10-12/03	3:15-4:00 pm	F3
M,W	11/10-12/03	4:00-4:45 pm	G3
M,W	11/10-12/03	4:45-5:30 pm	H3
Tu,Th	11/11-12/04	9:30-10:15 am	B3
Tu,Th	11/11-12/04	10:15-11:00 am	D3
Tu,Th	11/11-12/04	5:30-6:15 pm	I3
Register on: 11/5 R 11/6 NR			
M,W	1/12-2/03	3:15-4:00 pm	F4
M,W	1/10-12/03	4:00-4:45 pm	G4
M,W	1/12-2/03	4:45-5:30 pm	H4
Tu,Th	1/13-2/05	9:30-10:15 am	B4
Tu,Th	1/13-2/05	10:15-11:00 am	D4
Tu,Th	1/13-2/05	5:30-6:15 pm	I4
Register on: 1/7 R 1/8 NR			

## WATERBABIES

This parent/child class introduces basic swimming skills using songs, games and toys. Comfort, fun, and safety are the main focus of the class. You will get one on one time in the water with your child as well as guided in-water direction and play from an in-water instructor.

**Age:** 6 mo.-3 yr.

**Activity #:** 312215

**Fee:** \$32 R \$36 NR

**Location:** Indoor Pool

Day	Sessions	Time	Sect.
Tu,Th	9/16-10/09	9:00-9:30 am	A1
Register by: 9/10 R 9/11 NR			
Tu,Th	10/14-11/06	9:00-9:30 am	A2
Register by: 10/8 R 10/9 NR			
Tu,Th	11/11-12/04	9:00-9:30 am	A3
Register by: 11/5 R 11/6 NR			
Tu,Th	1/13-2/05	9:00-9:30 am	A4
Register by: 1/7 R 1/8 NR			

See page 27 for instructions on how to register for swim lessons.

## CHILD & TEENS LEVEL 1

This level builds confidence in the water. Focus will be on blowing bubbles, floating and kicking on front and back with support, learning breathing control, swimming with face in the water and an introduction to various arm actions.

**Activity #:** 312231

## CHILD & TEENS LEVEL 2

This level helps participants learn unsupported float on front and back, recovery to a vertical position from floating, front and back glides, and swimming on front and back using a combined stroke for 5 yards.

**Activity #:** 312232

## CHILD & TEENS LEVEL 3

This level adds kicks to front and back glides, teaches changing directions and body positions in deep water, diving from the side of pool in a kneeling position, learning to swim on front and back for 15 yards with more refined arm positioning for 15 yards, treading water for 30 seconds, and introduction to butterfly kick.

**Activity #:** 312233

## CHILD & TEENS LEVEL 4

In this level students will learn to dive from the side from a standing position, swim a distance underwater, float in deep water for 1 minute, and use an open turn when swimming on front and back. They will also swim on front and back for 25 yards with rotary breathing and advanced arm positioning, 15 yards of butterfly, breast stroke, and scissors kick.

**Activity #:** 312234



## CHILD & TEENS LEVELS 1-4 SCHEDULE

Levels 1-4 will be offered at each session.

**Age:** 7-16 **Fee:** \$48 R \$54 NR

**Location:** Indoor Pool

Day	Sessions	Time	Sect.
Tu,Th	9/16-10/09 Register on: 9/10 R 9/11 NR	6:15-7:00 pm	J1
Tu,Th	10/14-11/06 Register on: 10/8 R 10/9 NR	6:15-7:00 pm	J2
Tu,Th	11/11-12/04 Register on: 11/5 R 11/6 NR	6:15-7:00 pm	J3
Tu,Th	1/13-2/05 Register on: 1/7 R 1/8 NR	6:15-7:00 pm	J4

## BABYSITTER'S TRAINING

The American Red Cross Babysitter's Training course will teach the participant the responsibilities of being a good babysitter as well as what to expect from the person who hires them. It covers professionalism, leadership, safety, safe play, basic care giving skills, first aid, and tips on how to find a babysitting job.

**Age:** 11-15 **Activity #:** 322275

**Fee:** \$70 R \$75 NR

**Location:** WMB, Arts & Crafts Room

**Register by:** 8/17

Day	Session	Time	Sect.
M	8/25	9:00 am-3:00 pm	A1

## LIFEGUARD TRAINING

The American Red Cross Lifeguard Training teaches the skills and knowledge needed to prevent, recognize, and respond to emergencies. Certification in Lifeguard Training/First Aid for 3 years and CPR/AED for 1 year with successful completion. Attendance is mandatory at all sessions.

**Age:** 15 & up **Activity #:** 122272

**Fee:** \$225 R \$250 NR

**Location:** WMB, Arts & Crafts Room

**Register by:** 2/23

Day	Session	Time	Sect.
M,W	3/02-3/25	6:00-10:00 pm	J1

*Youth Programs continued on page 16*

See page 27 for instructions on how to register for swim lessons.



# YOUTH PROGRAMS cont.

## COMPETITIVE SWIM TRAINING (formally SPLASH)

Can't fit year-round swimming into your schedule? This class is designed to bridge the gap between instructional and competitive swimming. The class highlights stroke refinement, competitive starts and turns and interval training.

**Age:** 6-15 **Activity #:** 313243

**Fee:** \$48 R \$54 NR

**Location:** Indoor Pool

Days	Sessions	Time	Sect.
M,W	4:45-5:30 pm	9/15-10/08	H1
Tu,Th	5:30-6:15 pm	9/16-10/09	I1
	Register on: 9/10 R 9/11 NR		
M,W	4:45-5:30 pm	10/13-11/05	H2
Tu,Th	5:30-6:15 pm	10/14-11/06	I2
	Register on: 10/8 R 10/9 NR		
M,W	4:45-5:30 pm	11/10-12/10	H3
Tu,Th	5:30-6:15 pm	11/11-12/11	I3
	Register on: 11/5 R 11/6 NR		
M,W	4:45-5:30 pm	1/12-02/04	H4
Tu,Th	5:30-6:15 pm	1/13-02/05	I4
	Register on: 1/7 R 1/8 NR		

## ADULT PROGRAMS

**Note:** All adult aquatics programs are held at the Indoor Pool.

### ADULT LESSONS

Whether your goal is to learn the basics of swimming or to refine your swimming strokes, this class is for you. Instructors are prepared to help you reach your goals and work at your pace.

**Age:** 16 & up **Activity #:** 332255

**Fee:** \$48 R \$54 NR

Day	Sessions	Time	Sect.
M,W	9/15-10/08	10:00-11:00 am	C1
Tu,Th	9/16-10/09	7:45-8:30 pm	L1
	Register on: 9/8 R 9/9 NR		
M,W	10/13-11/05	10:00-11:00 am	C2
Tu,Th	10/14-11/06	7:45-8:30 pm	L2
	Register on: 10/6 R 10/7 NR		
M,W	11/10-12/03	10:00-11:00 am	C3

*Adult Lessons continued in next column*

Tu,Th	11/11-12/04	7:45-8:30 pm	L3
	Register on: 11/3 R 11/4 NR		
M,W	1/12-2/04	10:00-11:00 am	C4
Tu,Th	1/13-2/05	7:45-8:30 pm	L4
	Register on: 1/5 R 1/6 NR		

### COMMUNITY FIRST AID

This course combines lecture, demonstration and video with hands-on training and practice. Learn to recognize and respond to emergencies including shock, heat and cold related emergencies, sudden illness and poisoning. Participants will also learn everything from cuts and scrapes to muscle, bone and joint injuries.

**Age:** 18 & up **Activity #:** 332275  
**Fee:** \$45 R \$50 NR **Time:** 5:00-9:00 pm

**Register:** 1 week prior to session start

Day	Sessions	Sect.	Register by
W	9/29	J1	9/22
W	11/10	J2	11/3
W	1/05	J3	12/29

### COMMUNITY CPR

For the person who only needs adult CPR training, this hands-on skills training prepares them to respond to breathing and cardiac emergencies in adults. Adult CPR/AED is covered for a 1 year certification.

**Age:** 18 & up **Activity #:** 332276  
**Fee:** \$45 R \$50 NR **Time:** 5:00-9:00 pm

**Register:** 1 week prior to session start

Day	Sessions	Sect.	Register by
Tu	10/07	J1	9/30
M	11/17	J2	11/10
M	1/12	J3	1/5

### WATER AEROBICS

A shallow water exercise class that is designed for all swimming abilities to give you a good overall workout through a wide range of exercises.

**Activity #:** 333265

**Drop In Fee:** \$5.50 R \$6.00 NR

**AM Session Fee:** \$55 R \$60 NR

**PM Session Fee:** \$44 R \$48 NR

Day	Sessions	Time	Sect.
M,W,F	9/15-10/10	9:00-10:00 am	A1
Tu,Th	9/16-10/09	7:45-8:30 pm	I1
M,W,F	10/13-11/07	9:00-10:00 am	A2
Tu,Th	10/14-11/06	7:45-8:30 pm	I2
M,W,F	11/10-12/05	9:00-10:00 am	A3
Tu,Th	11/11-12/04	7:45-8:30 pm	I3
M,W,F	1/12-2/05	9:00-10:00 am	A4
Tu,Th	1/13-2/05	7:45-08:30 pm	I4

**See page 27 for instructions on how to register for swim lessons.**

## MASTERS SWIM TEAM

An organized program of swimming for adults (18 & up). Members participate in a variety of ways ranging from lap swimming to international competition. [www.winchestermasters.org](http://www.winchestermasters.org)

**Contact:** Eileen Span  
[mespan@comcast.net](mailto:mespan@comcast.net).

**Fee:** Park membership dues as well as a \$33 yearly fee payable to US Masters.

Days	Time
M,W,F	5:30-6:30 am
Tu,Th	8:30-9:30 pm (except 11/10-2/20)
Su	Noon-1:00 pm

## Winchester SWIM TEAM

Offers competitive swimmers the area's first USA Swimming sanctioned swim team.

**Contact:** Lori Riser, (304) 433-0675  
[larbrat@hotmail.com](mailto:larbrat@hotmail.com)

## DISCOVER SCUBA

**\$399**

In this PADI open water diver course you will learn the skills needed to be a safe recreational diver. Included in this course are 5 classroom sessions, 5 pool sessions and 4 open water training dives. Call Joe Dubose: 888-4455.

## INDOOR POOL

Note: Children 12 and under must be accompanied by an adult (18 years or older) at all times in the water. Shoes are not allowed on the pool deck. Groups of 10 or more must schedule a pool party in advance.

## HOURS OF OPERATION

**September 2, 2008-May 22, 2009**

Lap Swim	M-F*	6:30-8:30 am
(18 & up)	M-F *	11:00 am-Noon
	M,W	5:30-6:30 pm
	Sa	Noon-1:00 pm
		5:00-6:00 pm
	Su	6:00-8:00 pm

*\* Lap swim will be reduced to 7:00-8:30 am on Tuesday and Thursday from November 10, 2008-February 20, 2009.*

## High School Lap Swim (14-18)

**M,W 8:00-9:00 pm**

*Note: Only available until the high school swim season (11/10-2/20).*

General Swim**	M-F	Noon-1:00 pm
	Tu,Th	7:00-8:00 pm
	F	5:30-7:00 pm
	Sa	1:00-5:00 pm
	Su	1:00-4:00 pm

Therapeutic M,W,F 1:00-2:00 pm

Senior M,W,F 1:00-2:00 pm

*\*\* Lap space available but not guaranteed during this time for adults 18 years and up.*

## FITNESS ROOM

### HOURS OF OPERATION

Beginning September 2, 2008

M-F 5:30 a.m. - 9:00 p.m.

Sa 9:00 a.m. - 6:00 p.m.

Su 12:00 p.m. - 6:00 p.m.



The fitness room is open to those 14 years of age and older. Spectators are not permitted. Proper attire must be worn at all times. These policies are strictly enforced.

## RACQUETBALL/WALLYBALL

Note: Proper eye wear must be worn in the racquetball court at all times. Court reservations may be made up to 3 days in advance.

**See Page 18 for daily and monthly membership fees.**

# Individual & Family Recreation Center Memberships

*Beginning September 1, 2008*

	<u>Resident</u>	<u>Non-Res</u>
<b>Child</b> (under 12 with a paying adult)		
Monthly	\$ 16.00	\$ 20.00
3 Month	\$ 42.00	\$ 54.00
Yearly	\$144.00	\$192.00

<b>Youth/Student</b> (12-18 or valid college ID)		
Monthly	\$ 20.00	\$ 24.00
3 Month	\$ 54.00	\$ 66.00
Yearly	\$192.00	\$240.00

<b>Adult</b> (19-54 years)		
Monthly	\$ 36.00	\$ 42.00
3 Month	\$ 99.00	\$117.00
Yearly	\$360.00	\$432.00

<b>Senior</b> (55 years and up)		
Monthly	\$ 16.00	\$ 20.00
3 Month	\$ 42.00	\$ 54.00
Yearly	\$144.00	\$192.00

<b>Family</b> (up to 4 members)*		
Monthly	\$ 68.00	\$ 84.00
3 Month	\$198.00	\$246.00
Yearly	\$768.00	\$960.00

\*Inquire about additional family member rates

<b>Military</b>		
Monthly	\$ 16.00	
3 Month	\$ 42.00	
Yearly	\$144.00	

	<u>Resident</u>	<u>Non-Res</u>
<b>DAILY</b>		
Child	\$2.50	\$3.00
Student	\$3.00	\$3.50
Adult	\$3.50	\$4.00
Senior	\$2.50	\$3.00
Family	\$9.00	\$11.00
Military	\$2.50	

**10 & 20 Punch Passes also available  
(10% off daily rate).  
Call WPRD for details.**

Memberships include unlimited use of the Indoor Pool, Fitness Room, Gymnasium, and Racquetball during designated times.



*Ask about automatic withdrawal options for yearly memberships.*

# FACILITY RENTALS

R = City Resident    NR = Non-City Resident    NP = Non-Profit    C = Commercial

FACILITY	CAP	HOURLY			
		R	NR	NP	C
George Washington Room*	160	\$37	\$43	\$19	\$67
Lord Fairfax Rm.*	60	\$19	\$22	\$10	\$34
Joist Hite Room*	25	\$6	\$7	\$3	\$11
Arts & Crafts Rm.*	50	\$14	\$16	\$7	\$25
Timbrook House*	17	\$18	\$20	\$16	\$25
Full Gymnasium (A,B,C)	1,000	\$97	\$99	\$96	\$156
Full Court Gym (A,B)	666	\$65	\$66	\$64	\$104
1/3 Gym (A,B or C)	333	\$32	\$33	\$32	\$52
Senior Center	492	\$55	\$56	\$54	\$88
Indoor Pool	80	\$92	\$101	\$61	\$122
Outdoor Pool	300	\$151	\$163	\$128	\$191
BMX Track	200	\$5	\$6.50	\$3	\$7
R/C Car Track	200	\$5	\$6.50	\$3	\$7
Horseshoe Courts	200	\$5	\$6.50	\$3	\$7
Tennis Court	100	\$5	\$6.50	\$3	\$7
Outdoor Basketball Court	200	\$5	\$6.50	\$3	\$7
Large Baseball/Softball Field**	300-1,500	\$19	\$22	\$16	\$26
Small Baseball/Softball Field**	150-500	\$15	\$18	\$12	\$21
Soccer Field	250	\$15	\$18	\$12	\$96

\* 2 hour minimum

\*\* \$10/hour additional fee for lighting

## Fields

Large - Bridgeforth, Bodie Grim, Eagles, Preston

Small - Rotary, Yost, T-Ball, Henkel Harris

## Hours of Operation

M-Th 5:30 am-9:30 pm

F 6:00 am-10:00 pm

Sa 6:00 am-10:00 pm

Su 6:00 am-10:00 pm

## Shelter Rental Times

Full Day 9:00 am-9:00 pm

Half Day 9:00 am-2:00 pm OR 4:00-9:00 pm

SHELTER	CAP	HALF DAY				FULL DAY			
		R	NR	NP	C	R	NR	NP	C
<b>S</b> Jaycee I, Key Club I & II, Optimist	25	\$15	\$20	\$13	\$35	\$30	\$35	\$25	\$60
<b>M</b> Firemans, POW-MIA Memorial, Shawnee Lions	100	\$25	\$30	\$23	\$45	\$50	\$55	\$45	\$80
<b>L</b> Kiwanis I & II, Antique Car, Exchange	150-200	\$35	\$40	\$28	\$50	\$70	\$75	\$55	\$90
<b>XL</b> Lions, Rotary	300	\$40	\$45	\$33	\$60	\$80	\$85	\$65	\$100

**AN APPLICATION IS REQUIRED FOR ALL RENTALS.**

[www.winchesterva.gov/parks](http://www.winchesterva.gov/parks)



# Parks



## Jim Barnett Park Facilities

Par Course  
 Picnic Shelters  
 Mini Golf Course  
 Accessible Playground  
 Adventure Playground  
 Outdoor Pool  
 Indoor Pool  
 BMX Track  
 Sports Fields  
 Shuffleboard Court  
 Basketball Courts  
 Tennis Courts  
 Horseshoe Courts  
 Wilkins Lake  
 Fitness Room  
 Meeting Rooms  
 Hiking Trails  
 Radio Operated Car Track  
 Tree Lined Opened Spaces  
 Hills for Snow Sledding

**See page 19 for facility rental opportunities.**

## COMING SOON!

Winchester Parks & Recreation is pleased to announce the addition of the **Winchester Dog Park!** Construction on the facility began in late July and soon the dog park will be open to those pet owners wishing to purchase a yearly membership. **Memberships will be available beginning October 1st.**



**Resident:** \$18 per year (one dog) \$6 for each additional dog up to 3

**Non-Resident:** \$24 per year (one dog) / \$8 for each additional dog up to 3

**Commercial:** \$80 per year

*In order to purchase a membership, pet owners must provide proof of their dog's registration with their locality as well as vaccination records.*

**Members can also rent the dog park for private parties. The rental fees are as follows:**

**Resident:** \$50 (4 hour maximum)

**Non-Resident:** \$60 (4 hour maximum)

For more information, please call WPRD.

Neighborhood Parks - Location	Ball Field	Basketball	Horseshoe	Open Area	Playground	Shelter	Soccer	Swings	Trail	Volleyball
<b>Abram's Creek Wetlands Preserve</b> - 1643 Meadow Branch Avenue				●					●	
<b>Elk Street</b> - 405 West Lane Corner of Elk & Chase Streets				●	●	●		●		
<b>Frederick Douglass</b> - Behind the Douglass Community Learning Ctr. on N. Kent Street	●	●	●	●	●	●	●	●	●	●
<b>Friendship</b> - On Bruce St. between Battle Ave. & Kerr Street off Pleasant Valley Rd.		●		●		●	●			
<b>Harvest Ridge</b> - 805 Crestview Terrace Harvest Ridge subdivision of Middle Road				●			●			
<b>North-East-South-West</b> - Between North, East, South & West Streets				●	●			●		
<b>Overlook</b> - 50 Montague Circle				●		●				
<b>Park Place</b> - 2024 Harvest Drive				●	●		●	●	●	
<b>Rolling Hills</b> - On Valley Avenue in the Rolling Hills subdivision				●						
<b>Shawnee Springs</b> - (10 acres of wetlands) West of Hollingsworth Drive				●					●	
<b>Tevis Street</b> - Adjacent to Frederick Douglass Elementary School				●						
<b>Timbrook</b> - On the corner of East Lane and Piccadilly Streets		●		●	●	●		●		●
<b>Weaver</b> - Southern end of the city, off Papermill Road		●		●	●	●	●	●		
<b>Whittier</b> - On Whittier Avenue		●		●	●	●	●	●		

## Abram's Creek Wetlands Preserve

- Observe birds, rare wild flowers and wildlife.
- Scheduled nature walks.
- Walk or bicycle on the first mile of the Winchester Green Circle



## WPRD BUS TRIPS

**Note: All WPRD Bus Trips depart and return to the War Memorial Building**

### OATLANDS AUTUMN TEA

Enjoy a lovely tea with sandwiches, sweets, scones with preservatives and cream and Oatlands afternoon tea blend followed by a tour of the Plantation House.

**Activity #:** 356768 **Section:** 01

**Fee:** \$45 R \$48 NR

Day	Date	Time	Register By
-----	------	------	-------------

Su	10/18	11:00 am-4:30 pm	9/11
----	-------	------------------	------

### LAZY SUSAN DINNER THEATRE

Join us for dinner and the musical "Once Upon a Mattress" at the Theatre. Includes dinner, show, tea & coffee, transportation

**Activity #:** 356762 **Section:** 01

**Adult Fee:** \$57 R \$60 NR

**Child (6-15) Fee:** \$50 R \$53 NR

Day	Date	Time	Register By
-----	------	------	-------------

Su	10/19	11:00 am-7:00 pm	10/03
----	-------	------------------	-------

Join us for dinner and the musical "A Christmas Carol" at the Theatre. Includes dinner, show, tea & coffee, transportation

**Activity #:** 456763 **Section:** 01

**Adult Fee:** \$57 R \$60 NR

**Child (6-15) Fee:** \$50 R \$53 NR

Day	Date	Time	Register By
-----	------	------	-------------

Su	12/14	11:00 am-7:00 pm	11/26
----	-------	------------------	-------

### POTOMAC EAGLE TRAIN

Enjoy a scenic train ride in beautiful Romney, WV. Bring a lunch. Snacks and drinks are available for purchase.

**Activity #:** 356761 **Section:** 01

**Adult Fee:** \$45 R \$48 NR

**Child Fee:** \$20 R \$23 NR

Day	Date	Time	Register By
-----	------	------	-------------

Th	10/23	9:30 am-4:30 pm	10/09
----	-------	-----------------	-------

### MARRIOTT RANCH HORSE-BACK RIDING

Go on an 1.5 hour western guided trail ride across Marriott's 4,200 acre working cattle ranch. *Participants under 18 must have a parent/guardian sign a liability release waiver before leaving on the trip.*

**Activity #:** 356764 **Section:** 01

**Fee:** \$57 R \$60 NR

Day	Date	Time	Register By
-----	------	------	-------------

Sa	10/25	Noon-6:00 pm	10/08
----	-------	--------------	-------

### FRONTIER CULTURE MUSEUM in Staunton

See how the holidays were celebrated and decorated for different times in history. Self-guided tour (costumed interpreters on hand to answer questions).

**Activity #:** 456764 **Section:** 01

**Fee:** \$25 R \$28 NR

Day	Date	Time	Register By
-----	------	------	-------------

Th	12/04	8:00 am-5:00 pm	11/13
----	-------	-----------------	-------

*WPRD Bus Trips continued on next page*

## SKI ROUNDTOP, LIBERTY & WHITETAIL R•E•S•O•R•T•S



ON SALE:

**November 1 - March 5**

**Get your discounted ski and snowboard tickets (interchangeable) from WPRD.**

Ski Season: December - mid-March

# DISCOUNT TICKETS

## BULL RUN FESTIVAL OF LIGHTS

Sit back and enjoy a spectacular drive through Bull Run Park near Manassas all decked out in lights for the holidays.

**Activity #:** 456468      **Section:** 01

**Per Person Fee:** \$10 R   \$12 NR

Day	Date	Time	Register By
Th	12/11	6:00-9:00 pm	12/01



## OATLANDS TEDDY BEAR

This is a great time to enjoy a tea with your child. Everyone will have tea, sandwiches, sweets, scones with preserves and cream and Oatlands Plantation tea. Each child will take a small gift home after the tea. Afterwards, tour the Oatlands Plantation house in Leesburg decorated for the holidays.

**Activity #:** 456766      **Section:** 01

**Fee:** \$45 R   \$48 NR

Day	Date	Time	Register By
Su	12/07	11:00 am-4:30 pm	9/05



Here's Your V.I.P. Ticket To Fun!

**A full service travel agency offering:**

- Cruises
- Motorcoach excursions
- Air travel packages
- Charter services

See page 24 for featured trips with Parks & Rec!

Travel with us to . . . Nashville, Niagara Falls, New York, Branson, Alaska, Memphis, Philadelphia, Mount Rushmore, Washington, D.C., Baltimore, Atlantic City, Southwest, NASCAR Races, plays, concerts, and much more!

For more information visit [Schrocktravel.com](http://Schrocktravel.com) or call 540-678-2871

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[schrocktravel.com](http://schrocktravel.com)



# SCHROCK TOURS

**Note: All Schrock Tours depart and return at the Schrock Terminal, 220 Imboden Drive, Winchester**

## OKTOBERFEST IN RICHMOND, VA

10 seats

The largest Oktoberfest in VA! Sample German Bavarian culture at its best!

**Activity #:** 356463 **Section:** 01

**Fee:** \$65 per person

Day	Date	Register By
Sa	10/25	9/11

## 2nd Annual CMA AWARDS IN NASHVILLE, TN

10 seats

**Includes:**

- Motorcoach transportation
- 2 nights downtown lodging - Hotel is located in the revitalized Historic So-Bro District, within walking distance of the Country Music Hall of Fame and Museum and within steps of Lower Broadway and the legendary Ryman Auditorium.
- 2 continental breakfasts
- Admission to the Country Music Hall of Fame and Museum
- 300 Level Balcony seats to televised CMA Awards Show
- taxes and gratuities

**Activity #:** 356461 **Section:** 01

**Per Person Fee:** \$661 (double), \$891 (single), \$597 (triple), \$559 (quad), \$342 (child 12 & under)

Day	Date	Register By
Tu-Th	11/11-13	10/01



## ALL ABOARD THE POLAR EXPRESS!

15 seats

Come experience the magic of the award-winning book by Chris Van as the train makes its way to the North Pole!

**Includes:**

- Transportation
- 2 nights lodging at Park Tower Inn, Pigeon Forge, TN (indoor pool)
- 2 continental breakfasts & 2 dinners
- The Polar Express, Dollywood, Black Bear Jamboree, WonderWorks & more

**Activity #:** 356462 **Section:** 01

**Per Person Fee:** \$411 (double), \$385 (triple), \$372 (quad), \$293 (child 12 & under)

Days	Date	Register By
F-Su	1/14-16	10/01

## CHRISTMAS IN NEW YORK

**Includes:**

10 seats/5 rooms

- Motorcoach transportation
- 2 nights lodging at Hilton Garden Inn-Chelsea (West 28th Street at 7th Ave.)
- Baggage handling, taxes & gratuities

**Activity #:** 456464 **Section:** 01

**Per Person Fee:** \$657 (double), \$1,171 (single), \$499 (triple), \$419 (quad), \$329 (child 12 & under)

Days	Date	Register By
F-Su	12/05-07	11/03



## HOLIDAY DAY TRIP TO NY

**Includes:**

20 seats

- Rockettes Christmas Spectacular tickets (11:30 show - additional \$117 pp)

**Activity #:** 456461 **Section:** 01

**Per Person Fee:** \$75 (adult), \$60 (child 12 & under)

Day	Date	Register By
Sa	12/13	11/03

## Shenandoah University's Environmental Studies Program

Shenandoah University's science classes visit Winchester's parks several times each semester to study plants, wildlife, soil, streams or wetlands. The varied habitats at Jim Barnett and other city parks provide good locations for field investigations. The parks, in several cases, also demonstrate environmental stewardship practices such as the construction of rain gardens and the protection of streamside vegetation.

**"College students need to connect their classroom experiences to the communities in which they will live, work and play."**

In turn, students and faculty in SU's Environmental Studies

Department have carried out several research and public education projects designed to benefit the City, its parks and park visitors.

For instance, in 1998, five students and their faculty sponsor, Dr. Woodward (Woody) Bousquet, studied water chemistry and rare plants in Abrams Creek and its surrounding wetlands beside the then-new Meadow Branch neighborhood. The students were so impressed by the beauty of the marshes and the plants that live there that they spent an extra semester writing a report for local

decision-makers and interested citizens that emphasized the special qualities of the site.

The next semester, an SU environmental education class led community nature walks through the wetlands. Nearly 100 people attended to see what the students called, "a natural wonder in our own back yard." Five years later – after developers of Meadow Branch and Morlyn Hills offered land parcels in the wetlands to the City – Winchester dedicated the Abrams Creek Wetlands Preserve in October 2003. As the City's first nature preserve, the Abrams Creek Wetlands are a popular location for walking, bicycling, bird-watching or just enjoying being outdoors.

Other SU environmental studies classes have made presentations at Earth Day and led nature walks at Shawnee Springs Preserve. This summer, a group of Shenandoah students is completing a series of more than 30 posters that interpret the nature and history of the Abrams Creek Wetlands Preserve. Look for these at the Preserve's information kiosks this fall.

As Woody Bousquet explained, "College students need to connect their classroom experiences to the communities in which they will live, work and play. I greatly appreciate the excellent cooperation and assistance that Winchester's Parks and Recreation Department has provided since our program began in 1991. It has been a wonderful service-learning partnership for Shenandoah University and its students."



**S**tudents in the Environmental Measurement Methods (ES 421) use

aquatic insects, snails and other invertebrates to characterize the water quality of Abrams Creek, a portion of which runs through SU's campus.



# Parties (At Your Service)

Indoor, Outdoor, Themes, Pool and Gym



**Let the WPRD help you with your next party:**

Adult's Birthday  
Baby Shower  
Social Gathering  
Child's Themed Birthday (3-8 yrs)  
(Themes: *Prince/Princess, Pirate, Horsey, Fancy That! & Hawaiian*)

**Take this opportunity and let the park provide:** location, cake, activities, theme, clean up, etc.



Wedding Receptions  
Anniversaries  
Reunions  
Corporate Gatherings  
Fundraising Events

## Now Accepting Reservations for 2008 & 2009 Events

Plan your next gathering in beautiful Jim Barnett Park at the newly construction Active Living & Recreation Center. Choose between a formal 6,750 sq. ft. social hall with a commercial kitchen for more intimate gathering or a 14,000 sq. ft. gymnasium for large gatherings. Outside catering is permitted.

Call  
**WINCHESTER**  
PARKS & RECREATION  
at 662-4946  
for more  
information.

<b>Hourly Room Fees:</b>	<b>Social Hall</b>	<b>Gymnasium</b>
City Resident	\$55.00	\$97.00
Non-Resident	\$56.00	\$99.00
Non-Profit	\$54.00	\$96.00
Commercial	\$88.00	\$156.00

# info

## SWIM LESSON REGISTRATION INSTRUCTIONS

1. Swimming Lessons have a “Register On” date so please be aware of which day you need to register.

a. Resident (R) registration is for people who live in the City of Winchester (22601 zip code). Non-resident (NR) registration is the following day.

b. Registrations are taken by phone or walk-in starting at 5:30 am on registration days. All classes are first-come, first-serve.

2. Have the program’s Activity # ready. This can be found on the aquatics pages of the guide.

3. Payment is required at the time of registration. No registration will be processed without payment so if you are calling in to register, please make sure you have a Master Card/Visa ready.



## FOR YOUTH SWIM PROGRAMS

1. Each class starts with a minimum number of students per level. (See page 14-15 for level descriptions.) If the classes fill up please keep in mind that we do our best to place additional children in the classes. You will be notified one (1) day prior to the first day of class if we were able to fit your child in the session from a waiting list.

2. You will only be charged you if your child is placed in a class. If your child does not get into the session you will need to re-register for the next session. Students on the waiting list do not carry over to the next session.

## 3 WAYS TO REGISTER FOR CLASSES & PROGRAMS

**1. WALK-IN:** Walk-in registrations will be accepted during office hours of 8:00 a.m. to 5:00 p.m.

**2. BY PHONE:** Call 662-4946. All phone registrations must be accompanied with credit card and completed registration form via fax or email. Please contact the department for a registration form or visit [www.winchesterva.gov/parks](http://www.winchesterva.gov/parks).

**3. BY FAX:** Fax your completed registration form to (540) 678-8791.

## MAKING PAYMENTS

Payment is due prior to starting dates for all classes and materials fees (where applicable) are due to the instructor on the first day of class.

## REFUNDS

A non-refundable administration fee up to \$10 will be retained from any refund prior to the first class, after the first class is held, no refund will be made unless for a medical reason.

## CANCELLATIONS

In the event of inclement weather, closings and cancellations will be announced via local radio stations, website and the cancellation hotline (662-4946, ext. 33).

In addition, programs will be cancelled if minimum registration is not met.

## SPECIAL ACCOMMODATIONS

If you require the services of a reader, interpreter, or other accommodation, please call 662-4946 in advance so the arrangements can be made.



# SIGN ME UP

Please indicate which athletic programs, classes or workshops for which you'd like to register!

**Resident fee only applicable to residential homes with a zip code of 22601.  
All other codes are considered non-resident. Verification of address may be requested.**

PLEASE PRINT

Adult's Name: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Emergency/Cell Phone: \_\_\_\_\_

PARTICIPANT'S NAME	
BIRTH DATE	
AGE	
ACTIVITY NAME & NUMBER	
ACTIVITY DATES & TIME	
CHILD'S SCHOOL	
PHOTO PERMISSION <i>(check one)</i>	I ____ give or ____ do not give permission to Winchester Parks & Recreation Department to take my child's photo for use only in park-related promotional material.
SHIRT SIZE <i>(T-shirts not offered for every program)</i>	YS YM YL or AS AM AL AXL
MEDICAL CONDITIONS	
INTERESTED IN COACHING?	Y N Coach's contact info:

WAIVER FOR PARTICIPANTS: I do hereby agree to allow the individual(s) named herein to participate in the aforementioned activities, and I further agree that the Winchester Parks & Recreation Department, program staff, and volunteers assume no responsibility for injuries while traveling to and from the place of play or while participating in an activity.

Participant's Signature (Parent/Guardian signature if participant is under age 18)

Date

# Frederick Douglass Park Renovations

The Frederick Douglass Park revitalization project is now complete! Neighbors can now enjoy the various amenities including new playground equipment, an asphalt walking trail, park benches, picnic tables, grills, landscaping, soccer/football field, basketball court, a refurbished baseball field and new park signage. The revitalization project was supported financially by a local developer's contribution, Community Development Block Grant funding, individual contributions, and City tax dollars. Winchester Public Schools and the Northend Citizen's Association members provided valuable input and assistance with the park design. **Thank you to everyone who supported this worthwhile project.**



## WPRD USER GROUPS

Winchester Baseball Registration	Tammy Mills	(540) 723-4252
Winchester Baseball T-Ball & Rookie Leagues	Mike Lackey	(540) 664-3132
Winchester Baseball Cancellation Hotline		(540) 665-8786
Winchester Royals Baseball & Camps		(540) 662-4466
Winchester/Frederick Co. Youth Football	Ed Tatman	(540) 868-2870
Winchester/Frederick Co. Youth Cheerleading	Christy Rivers	(540) 869-2267
Winchester Horseshoe Pitchers Association	Terry Figgins	(540) 631-0783
Winchester Wheelmen	Robert Golightly	(540) 723-6485
Soap Box Derby winchestersoapbox.com	Frank Sublet	(540) 327-6216
Winchester BMX Association	Kevin Lochner	(540) 876-3680
Winchester Swim Team	Lori Riser	(304) 433-0675 larbrat@hotmail.com
Winchester Dog Park	Rebecca Oliver	(540) 877-3341 rebeoliver@yahoo.com
Shenandoah Valley Power-Sliders R/C Race Club	Ace Breeden	(540) 771-7851
Blue Ridge Youth Soccer brysa.com	Hotline	(540) 662-6380



FIRST BANK

# The String of Pearls Ball

**A 1940's Black-Tie Dinner Dance  
& Silent Auction**

with Musical Entertainment by  
The Shenandoah Singers &  
The Shenandoah Jazz Ensemble

**Location:** George Washington Hotel  
in historic Old Town Winchester

**Date:** October 24

**Time:** 7:30 pm

**Reserved Seating:** \$150 per person

**Recognition Table for 10 persons:**  
\$1,600

**Purchase Tickets:** Call WPRD

*Proceeds benefit the Winchester Parks  
Foundation and the Active Living Center  
in Jim Barnett Park*



Winchester Parks & Recreation  
1001 East Cork Street  
Winchester, VA 22601

**(540) 662-4946**

**[www.winchesterva.gov/parks](http://www.winchesterva.gov/parks)**

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